



Weekly Newsletter



Sleep is Critical!

-Ruston Tippetts DC

We are moving on this week to the second factor of health and high performance, sleep!

1. Fuel/Food
2. **Sleep/Recovery**
3. Exercise/Movement
4. Positive Mental Attitude
5. Sound Nervous System



(I couldn't resist using the frenchie photo!)

No. 2: Rest

Sleep is **critical** for your body to function the way that it should. This is when your body recovers and balances out all the different systems that work day in and day out. (Your heart beats **100,000** times a day by itself!)



In our modern day and age of technology, many people don't realize that they are harming the quality of their sleep, even if they think the quantity is sufficient.



The phase of life we are in also directly influences the amount of sleep required for **optimal function**. Times of growth, development, or high stress may require you to temporarily change your ideal sleep amount.

Sleep directly impacts your body's ability to **recover**, **balance** hormones, **reset** your immune system, and more. It cannot be overstated how important quality sleep really is.

Here are a few short and easy tips to improve your sleep quantity or quality!

- Kids and Teenagers should shoot for 8-10 hours.
- Adults have been shown to function best at 6-8.
- Use blue light filters on devices that have screens.
- Avoid caffeine, screen time, and other stimulants close to bedtime.
- Have a night time routine, studies show it helps your brain go to sleep easier and faster.
- Everyone has different ideal sleep times based on your sleep cycles. Using an app like rise, or the information from your health device like a smart watch or ring may surprise you with its recommendations!



In addition to the above mentioned points, we often get asked about our opinion on pillows or mattresses. The easy answer is that you need a pillow and mattress that works for **you!** It should fit your body type and size, and offer support for your spine and its natural curvatures.



If you are a side sleeper, make sure you get a pillow that properly fills the gap between the side of your neck and your shoulder.

If you sleep on your back, you want a pillow that supports your neck but still allows your head to drop backwards.

The pillow I personally use is called therapeutica. It is designed for back or side sleeping and requires you to measure your neck to shoulder ratio before purchasing.

For mattresses I always recommend going in person to lay on it and getting a professional to assess the right level of firmness for your height and weight.

It's important to remember that waking up feeling refreshed is normal. Anything less than that on a long term basis is not normal! Chiropractic care and nervous system regulation is also extremely helpful in ensuring high quality sleep. If you know anyone who needs to function at a higher level and is having sleep issues, send them our way!



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